

2025 Special Olympics Track and Field Registration



Below you will find the 2025 schedule for Track and Field competitions. Please look over the schedule and mark your interest on the registration below. Choose which events you wish to participate in. Keep in mind that attendance at all competitions is mandatory to qualify for the State meet. In Track, you are allowed to compete in 3 events, plus a relay, with the exception of the Jefferson County meet. (Because of time constraints, only two of your events will be entered for this meet.) Those interested in relays will be assigned a team. We must have at least 4 interested relay runners.

Athletes can only compete at one individual sport at the Spring and Summer Games. **Individual Sports offered through Pony Bird are track and field & swimming**

All track athletes must sign up by March 15th and should have a current Special Olympics registration. This can be completed online through the link below. Physicals are no longer required.

<https://form.jotform.com/SpecialOlympicsMO/Athleteregistration>.

PRELIMINARY TIMINGS - Sunday, March 30th—Hillsboro High School at 1:00 p.m. We will hold preliminary timings for all athletes registering for Track and Field. It is very important that you attend the preliminary timings so we can get accurate times and measurements for your events. All athletes are required to attend to be placed on the Pony Bird Leisure Services roster.

CONDITIONING/TRAINING - This year we will schedule track practices once a month prior to a track meet to give you the opportunity to practice on an appropriate surface with other competitors. Athletes are expected to condition on their own between practices. Track practices are scheduled at Hillsboro High School at 1:00 p.m. on April 20th and May 18th.

JEFFERSON COUNTY TRACK MEET - Tuesday, April 22nd with a rain date set for 23th. You must attend this meet to advance to the Area meet. DeSoto High School Student Council will be sponsoring this event for the 25th consecutive year. A special celebration is in store.

ST. LOUIS METRO AREA TRACK MEET - Saturday, May 3rd: The Area Spring Games will be held at Westminster Academy. Athletes will compete in track or swimming. You must compete at the Area games to qualify for the State meet. The number of Pony Bird athletes attending the Area games determine number of slots available to us for State.

STATE SUMMER GAMES - May 30th—June 1st The State Summer Games will be held in Kirksville, MO. There will be a \$60.00 Special Olympics assessment fee plus a \$40.00 transportation fee per athlete. These fees must be received by May 9th if you qualify for the State meet. Requests for assistance from the Dick Bennett Memorial Fund will be accepted.

PONY BIRD TRACK SHIRTS - You may purchase a Pony Bird Uniform t-shirt through our Leisure Services office for \$20.00. Orders must be placed by March 30th. These shirts are the same as last year.

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Track and Field Registration

Name of Athlete: _____ T-Shirt Needed Y/N Size

Address: _____ Phone: _____

 Track Timings (March 30th) Jefferson County Meet (April 22nd)

 St. Louis Metro Meet (May 3rd) State Meet (May 30th—June 1st)

TRACK EVENTS (Pick 3 events - not including relay. Only 2 will be chosen for Jeff. County meet)

 25 m walk 50m walk 50 m dash 100 m dash 200 m dash 400 m dash

 Standing Long Jump Running Long Jump 25m Wheelchair Race

 Shot Put Softball Throw 50m Wheelchair Slalom

 Turbo Javelin

 4-person relay (must run 100 m dash or longer in an individual race)